



Training & Assessment
in Healthcare Ltd

Training and Professional Development

An Introduction to Cognitive Behaviour Therapy (CBT)

COURSE OBJECTIVES

- To gain an understanding of Cognitive Behaviour Therapy and to understand the parameters for staff and the limitations within these.
- To gain an understanding of the use of CBT techniques in the management of anxiety and mood disorders in relation to other complex needs for the individual
- To understand how CBT techniques may be applied and how it may be used in conjunction with other therapies and interventions
- To understand how to encourage 'coping skills training' and to look at empowering individuals to manage their well being
- To develop confidence in staff to work collaboratively with the identification and interventions with individuals and their 'vicious circles'

COURSE NOTES

- This course can be extended to a full day (6 hours) looking more in depth at theory into practice. Please contact the office to enquire with regard to cost.

COURSE INFORMATION	
Duration:	Half day
Who should attend:	Nurses, All Care/Support Workers, Managers/Seniors/CHAPS
Certification:	Certificate of Attendance
Travel Charge:	Dependent on Location

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